

# Diffusion of Effective Behavioral Interventions: The DEBI Project

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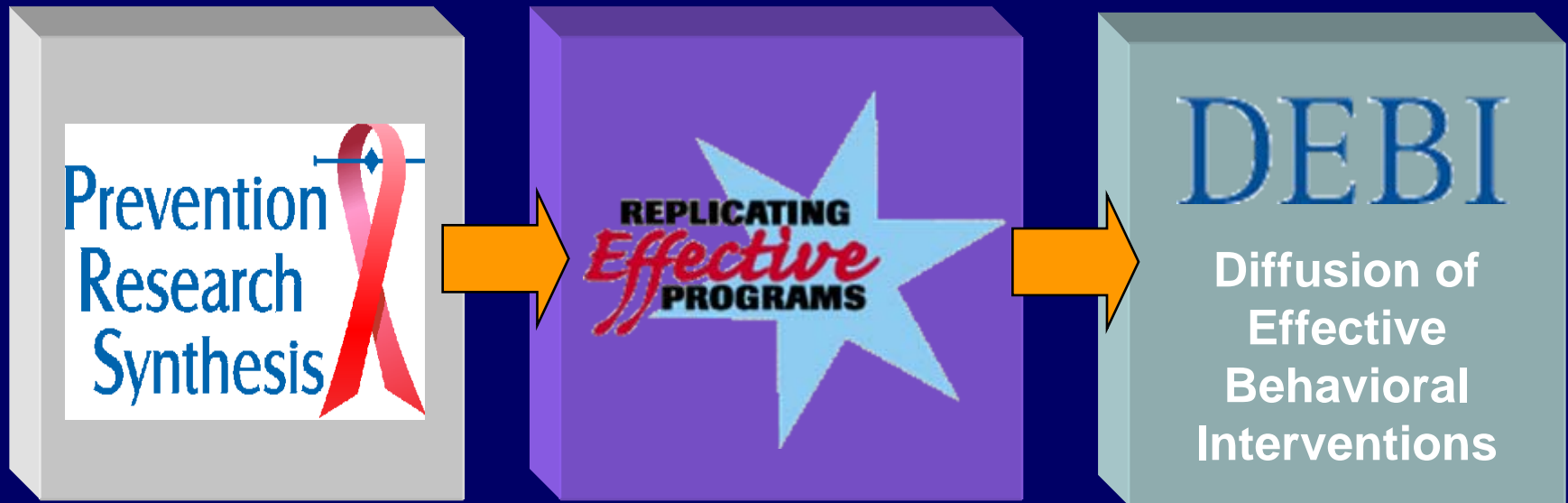


# Implementing Prevention Strategies

- The *Procedural Guidance for Selected Strategies and Interventions for Community Based Organizations*
- Disseminating Effective Behavioral Interventions (DEBI)
  - [www.effectiveinterventions.org](http://www.effectiveinterventions.org)



# Projects that Move Science to Practice



# Popular Opinion Leader

The Popular Opinion Leader (Kelly, 1991) Model was found to be effective with MSM. It has been adapted to work with low income minority women (Sikema). Recently it was demonstrated to work with young African American MSM in North Carolina (D-UP).



# Mpowerment

This intervention for young gay men was first tested in Oregon, California, and New Mexico. Recently the original researcher adapted the model to work with young African American MSM in Los Angeles and Oakland.



# Real AIDS Prevention Program (RAPP)

This intervention was designed for heterosexual African American women who live in high HIV prevalence areas. Conduct community outreach using peer volunteers who distribute printed “role model” stories about community members' safer-sex decisions as well as paid outreach workers who “stage” contacts and conduct women-only workshops.



# Safety Counts

- Safety Counts (Rhodes, 2000) is an intervention that was found to be effective at reducing HIV risks for African American injecting drug users and crack cocaine smokers. The intervention combines outreach, individualized risk assessment and goal setting, group risk reduction sessions, and social events.



# SISTA: Sisters Informing Sisters on Topics about AIDS

- SISTA, developed by Ralph DiClemente and Gina Wingood (1995), is an effective group level intervention for young African American women between the ages of 18-24. SiHLE was then developed for African American women between 15-18. WiLLOW was developed for HIV positive African American women. These interventions are based on the Theory of Gender and Power as well as Social Learning Theory.





# Many Men, Many Voices

- A group level intervention developed by and for Gay Men of Color based on Kelly's "Partners in Prevention" and Peterson's Brother to Brother
- Consists of six weekly sessions, 2.5 hours in length
- Sessions are highly interactive and experiential



# Community PROMISE

- Community PROMISE is a community-level intervention to promote consistent HIV prevention through community mobilization and distribution of small-media materials and risk reduction supplies, such as condoms and bleach. It is applicable to a broad range of risk behaviors and populations.



# Together Learning Choices (TLC)

- TLC is a group level intervention for young people living with HIV between ages 13-29.
- There are two modules of 8 sessions each.
- TLC uses cognitive-behavioral strategies to change behavior.



# CLEAR

- This individual level intervention is based on TLC but has 5 core sessions and then 18 optional sessions. The optional sessions deal with sexual risk, drug use risk, mental health and adherence to medications. These sessions are designed for CRCs Case Managers to assist HIV positive persons reduce risk, adhere to medication, and cope with the emotional stress of HIV disease.



# Healthy Relationships

Healthy Relationships is a 5-session, small-group intervention for men and women living with HIV/AIDS.

Involves defining stress and reinforce coping skills with HIV-positive people across three life areas:

- disclosing to family and friends
- disclosing to sexual partners
- building healthier and safer relationships



# Street Smart

- Street Smart is a multisession, skills-building program
- It was designed to help groups of runaway and homeless youth reduce
  - unprotected sex
  - number of sex partners
  - substance use
- Consists of eight 1½ to 2 hour drop-in group sessions delivered over a 2- to 6-week period



# **VOICES/VOCES (Video Opportunities for Innovative Condom Education and Safer Sex)**

- VOICES/VOCES is a single-session, video-based HIV/STD prevention program using a 22 minute film and a 23 minute discussion.
- VOICES/VOCES is designed to encourage condom use and improve condom negotiation skills for heterosexual African American and Hispanic/Latino men and women.



# RESPECT

- This intervention uses multiple interactive individual risk reduction counseling. This is the intervention that demonstrated that client-centered risk reduction counseling was effective at changing HIV risk behavior.





# Preview of New DEBIs

- MIP-PICCUS is an intervention developed in Spanish in Puerto Rico for Latino injecting drug users. It uses a case-management approach. This is the first DEBI which was developed in Spanish and delivered to Spanish speaking clients.



# Preview of New DEBIs

- Focus on Youth + IMPACT is an intervention for African American youth and their parents. The intervention was developed by Bonny Stanton and Jennifer Galbraith.



# Preview of New DEBIs

- Parents Matter is an intervention for African American parents and Latino/Hispanic parents. The intervention teaches parents how to talk to their children about sexual issues. The intervention was developed by Kim Miller.



# Question?

- Communities that experience numerous health disparities are often not the most powerful/influential ones within our socioeconomic-political system. What have been the most and least successful strategies you have used with communities?



# Three Lessons Learned

- Diffuse Culturally Competent Interventions that have been shown to work in racial/ethnic minority communities.
- Develop free intervention materials for use by agencies that provide services to racial/ethnic minority communities.
- Support Culturally Competent adaptation of the interventions to meet the needs of the communities.

